

ANNUAL REPORT



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Executive Director



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A message from our Executive Director

2025 was a year of momentum for ASPEN Network Inc.—a year where our small team strengthened our systems, expanded education in schools and the community, and increased access to anonymous mental health screening and navigation tools. Across Jefferson County and the St. Louis region, we met people where they are: in classrooms, community rooms, first responder agencies, healthcare settings, and online.

Behind every number is a conversation, a moment of insight, or a connection to help. We saw increasing demand for prevention education, experienced a surge in digital engagement, and continued to refine our platforms so they work for youth, adults, and community helpers.

This report highlights the outcomes you helped make possible and the commitments we are carrying into 2026. Thank you for your partnership, your guidance, and your belief that upstream, accessible mental health support changes lives.



Jaclyn Brown
Executive Director

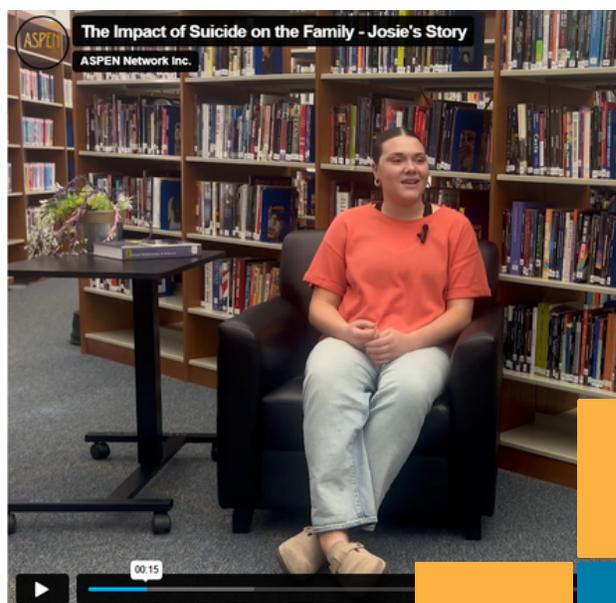


Our Mission and Approach

ASPEN Network Inc. advances proactive, holistic mental health support by connecting children, families and community helpers to community resources. Through early education, collaboration and intervention, we empower people to build resilience, achieve well-being and thrive.

In 2025, we focused on:

- Expanding mental health awareness and prevention education for youth and adults.
- Strengthening anonymous screening and navigation tools, including our mobile app and school-based screening workflows.
- Developing and distributing practical, locally-relevant prevention materials and campaigns (including Hope is Here).
- Building partnerships and evaluation capacity to better demonstrate impact over time.



2025 At A Glance

OUTCOME	2025 ANNUAL TOTAL
275% increase from 2024  Youth reached through mental health awareness & prevention trainings	6,368
Adults receiving mental health awareness & prevention training	4,277
266% increase from 2024  Digital engagement (Facebook reach)	92,769
Hard-copy resources distributed	12,301
Website views	10,059
Mobile app downloads	371

Program Highlights

Education & prevention in schools and community settings

In 2025, ASPEN delivered **218 youth-focused** mental health awareness and prevention sessions, reaching **6,368 youth**. We also supported adult capacity-building with **35 youth-focused** trainings for adults, reaching **4,277 participants**.

Across the wider community, we delivered **148 mental health awareness and prevention presentations** with **7,742 attendees**.

Anonymous screening, resource navigation, and direct assistance

Through our school-based screening programs, we supported **1,240 new parent waivers** (947 Jefferson County; 293 St. Louis), enabling student access to anonymous self-screening and follow-up resources.

Students completed **58 anonymous self-screenings** at Bayless and **69 ASPEN screenings** (32 Jefferson County; 37 St. Louis). ASPEN screenings indicated **15 high-risk (21.7%)** and **23 (33.3%) moderate-risk** results, reinforcing the importance of rapid pathways to support.

In addition to school programs, community members and partners requested direct help with navigation and referrals. ASPEN completed **7 direct assistance resource calls** from schools/families/partners and **22 direct calls** for assistance from first responder agencies, healthcare worker agencies, and college student services.

First responders, healthcare workers, and higher education

ASPEN delivered **12 first responder-focused sessions** reaching **268 participants**. We also delivered **6 healthcare provider trainings** reaching **51 participants**.

Self-Screenings were completed by **37 first responders**, **11 healthcare workers** and **5 higher education students**. Anonymous screening tools were also utilized by these populations supporting earlier identification and connection to resources.

Resource directory and content development

ASPEN maintained and expanded our community resource directory, ensuring that residents and partners can quickly locate up-to-date services, referrals, and supports. In 2025 we added **54 new directory listings** and **updated 222 listings** to keep local options current.

We developed **1,402 new prevention materials** and distributed **12,301 hard-copy resources**.

Hope is Here campaigns

Our Hope is Here campaigns elevated local messaging and practical supports for both adults and youth. In 2025 we produced **64 adult-focused posts** reaching **3,628 people** and generating **43,784 views**, and **59 youth-focused campaign posts** reaching **3,219 people** with **4,780 views**.

Digital reach and communications

In 2025, ASPEN published **365 Facebook posts** reaching **92,769 people** and generating **333,692 views**. On X, we **posted 171 times** and **reached 1,480**. On LinkedIn, we published **199 posts**. Our website recorded **4,328 reach** and **10,059 views**. Our mobile app was **downloaded 371 times**.

Governance and Stewardship



In 2025, ASPEN's Board of Directors provided strong oversight, approved key governance updates, and guided strategic and financial decisions.

Key governance actions in 2025

- Approved the 2024 annual audit with a clean report and no significant findings.
- Approved an updated strategic plan emphasizing data-driven impact, digital innovation, school and community expansion, and sustainability.
- Initiated bylaws updates to support board continuity (including renewable terms) and reinforced risk management practices.
- Advanced financial stewardship, including investment account actions to strengthen organizational sustainability.

Fundraising and funding stewardship

ASPEN diversified revenue with local support, including special events and strong grant stewardship. In 2025, our first Trivia Night raised more than \$4,000 net to support programming and operations.

Late in the year, ASPEN also secured significant local awards to support staffing and children's services, strengthening our base for 2026.

Board of Directors (2025)

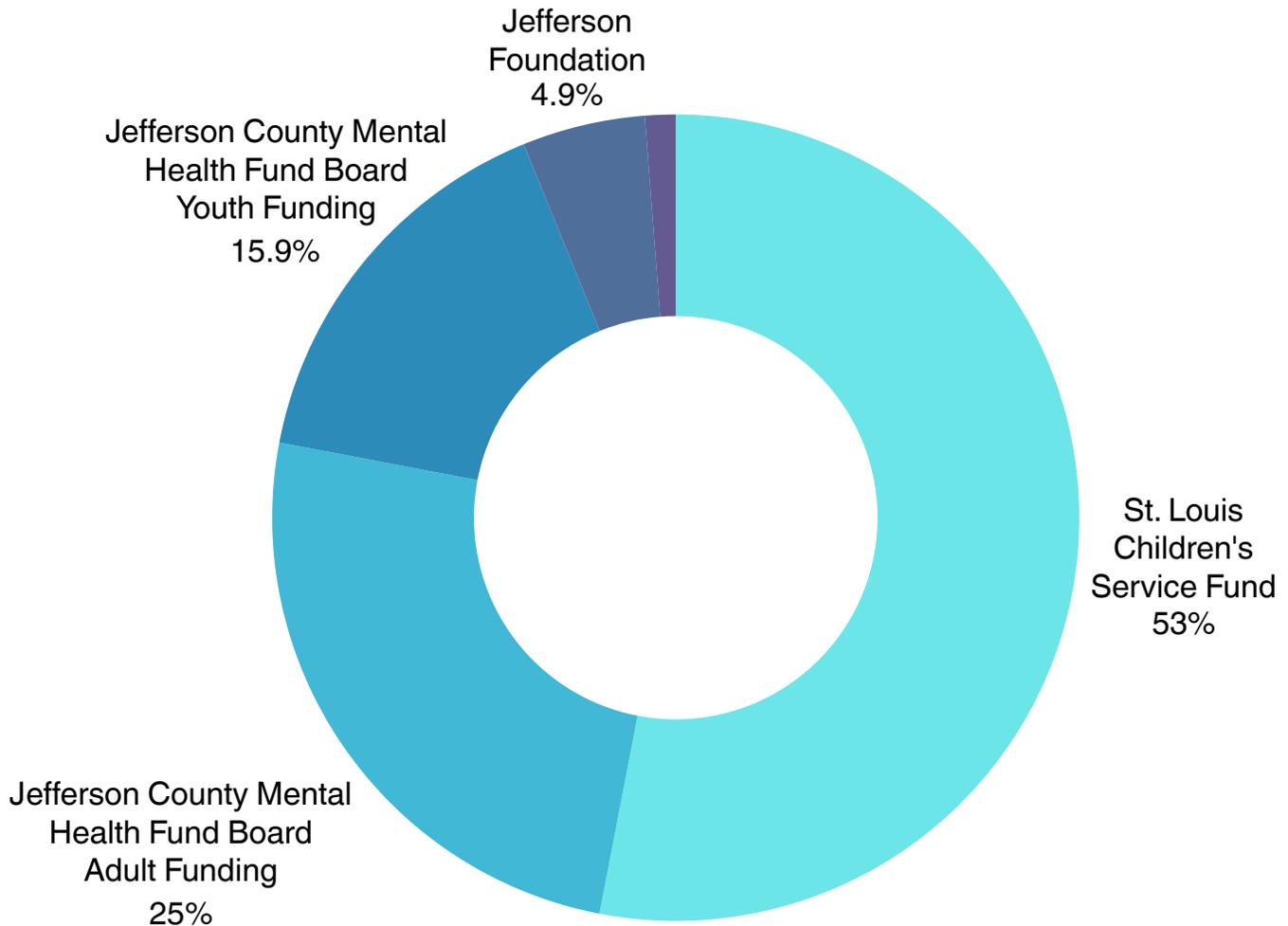
- Dr. Brett Ellis (Board Chair)
- Mrs. Melissa Hildebrand
- Dr. Ashley Krause
- Dr. Amy Clark
- Rev. M. Christopher Boyer

Staff (2025)

- Jaclyn Brown, Executive Director
- Kelley Vollmar, Program Manager
- Esther Gehrett, Education Coordinator

Expenses

Total 2025 Expenses: \$399,656



Looking ahead to 2026

In 2026, ASPEN will build on 2025 momentum with a focus on sustainability, evaluation, and expanding access—especially for youth and community helpers.

- Deepen school partnerships and strengthen screening workflows with age-appropriate questions and improved dashboards.
- Expand first responder and healthcare worker support through tailored trainings and continued use of anonymous tools.
- Strengthen evaluation capacity with partners (including university collaboration) to document outcomes and community impact.
- Continue targeted communications and campaigns to increase awareness and normalize help-seeking.
- Advance long-term sustainability through diversified funding, partnership development, and responsible reserve planning.



To our board, funders, school and community partners, and every resident who engaged with our work—thank you. Your support helps ensure that hope, education, and pathways to care are accessible across our communities.

Thank you!

Contact Us



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